THE TIMES DAILY SERIAL STORY. ONE WAY OUT

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) and as for the latter I could see CHAPTER XIV (Continued). that Ruth kept us well dressed on about half what it cost most of our neighbors

Personal Control of the second

and yet we appeared to be twice as well dressed as any of them.

Of course we had a good many things to start with when we came down here, but our clothing bill din't go up much even during the last year when our original stock was nearly exhausted. She accomplished this result about one-half by long-headed buying and one-half by her carefulness and her skill

with the neddle.

To go back to the matter of food, I'll copy off a week's bill of fare during this month. Ruth has written it out for me. You'll notice that it doesn't vary very much from the earlier ones.

Sunday.

Breakfast-fried hasty pudding, with molasses; doughnuts, cocoa made from molasses; doughted, cocoa shells.

Dinner-Lamb stew with dumplins, boiled potatoes, boiled onions, corn starch pudding. Monday

Breakfast—Oatmeal, baked potatoes, creamed codfish, biscuits.
Luncheen—For Billy—Brown bread sandwiches, cold beans, doughnuts, milk. For Dick and me-Bolled rice, cold biscuits, baked appiess milk. Dinner-Warmed over famb stew,

cold biscuits, baked appless misk.

Dinner-Warmed over famb stew, baked apples. cocoa, cold biscuits.

Tuesday.

Breakfast-Oatmanl, milk toast, cocoa.
Luncheon-For Billy-Cold biscuits, hard boiled eggs, doughnuts. For Dick and me-warmed over beans, biscuits.

binner—Hamburg steak, baked potatoes, graham muffins, apple sauce, milk.

Wednesday.

Breakfast—Oatmeal, griddle cakes with molasses, cocoa shells.

Luncheon—For Billy—Sandwiches made of biscuits and left over steak, doughnuts. For Dick and me—Crackers and milk het singerbread. and milk, hot gingerbread.

Dinner-Vegetable hash, hot biscuits.

Dinner-Vegetable hash, hot biscuits, gingerbread, apple sauce, milk.

Thursday.

Breakfast-Oatmeal, fried hasty pudding, doughnuts, cocoa shells.

Luncheon-For Billy-Hard boiled eggs, cold biscuits, gingerbread, baked apple. For Dick and me-Baked potatoes, apple sauce, cold biscuits, milk.

Dinner-Lycopaise potatoes hot corn Dinner-Lyonnaise potatoes, hot corn bread, poor man's pudding, milk. Friday. Breakfast-Smoked herring, baked po-

tatoes, oatmeal, graham muffins.
Luncheon-For Billy-Herring, cold
muffins, doughnuts. For Dick and meGerman toast, apple sauce.
Dinner-Fish hash, biscuits, Indian pudding, milk.

Saturday.

Breakfast—Oatmeal, German toast.

cocoa shells.

Luncheon-For Billy-Cold biscuits, hard boiled eggs, bowl of rice For Dick and me-Rice and milk, doughnuts, aple sauce. Dinner-Baked beaus, new

To a man accustomed to a beefsteak breakfast, fried hasty pudding may seem a poor substitute and griddle cakes may seem well enough to taper off with, but scarcely stuff for a full

meal.

All I say is, have those things well made, have enough of them, and then try it. If a man has a sound digestion and a good body I'll guarantee that such food will not only satisfy him but furnish him fuel for the hardest kind of physical exercise.

of physical exercise.

I know because I've tried it. And though to some my lunches may sound slight, they averaged more in substance variety than the lunches of my foreign fellow-workmen.

A hunk of bread and a bit of cheese was often all they brought with them.

Dick thrived on it, too. The elimination of pastry from his simple luncheons brought back the color to his cheeks and left him hard as nails.

and left him hard as halls.

I've read since then many articles on domestic economy and how on a few dollars a week a man can make few dollars a week a man can make many fancy dishes which will fool him into the belief that he is getting the same things which before cost him a great many more dollars.

Their object appears to be to give such a variety that the man will not notice a change. Now this seems to me all wrong. What's the use of cling-

notice a change. Now this seems to me all wrong. What's the use of clinging to the notion that a man lives to eat? Why not get down to bed rock at once and face the fact that a man doesn't need the bill of fare of a modern hotel or any substitute for it?

A few simple foods and plenty of them is enough. When a man begins to crave a variety he hasn't placed his emphasis right. He hasn't worked up to the right kind of hunger. Compare the old-time country grocery store

pare the old-time country grocery store with modern provision house, and it may help you to understand why our lean, sinewy forefathers have given place to the sallow, fat parodies of

A comparison might also help to ex-plain something of the high cost of living. My grandfather kept such a store and I've seen some of his old account books.

About all he had to sell in the way of food was flour, rice potatoes.

of food was flour, rice, potatoes, sugar and molasses, butter, cheese, and eggs. These articles weren't put up in pack-ages, and they wern't advertised. They were sold in bulk and all you paid for

were sold in bulk and all you paid for was the raw material.

The catalogue of a modern provision house makes a book. The whole object of the change it seems to me is to fill the demand for variety. You have to pay for that.

But when you trim your ship to run before a gale you must throw overboard just such freight. Once you do, you'll find it will have to blow harder than it does even today to sink you. I am constantly surprised at how few of the things we think we need we actually do need.

tually do need.

The pioneer of today doesn't need any more than the pioneer of a hundred years ago. To me this talk that a return to the customs of our ancestors involves a lowering of the standard of living is all nonsense; it means nothing but a simplifying of the standard of living.

If that's

living.

If that's a return to berbarism then I'm glad to be a barbarian and I'll say there never were three happier barbarians then Ruth, the boy and myself.

CHAPTER XV. The Gang.

F I'd been making \$5 a day at this time I wouldn't have moved from the tenement. In the first place, as far as physical comfort went, I was never better off. We had all the room

we needed.

During the winter we had used the living room just as our forefathers did. We economized fuel in this way, and Ruth kept the rooms spotless. We had no fires in our bedrooms, and did not

no fires in our bedrooms, and did not want any.

We all of us slept with our windows wide open. If we had had ten more rooms we wouldn't have known what to do with them. When we had a visitor we received him in the kitchen. Some of our neighbors took boarders and also slept in the kitchen.

I don't know as I should want to do that, but at the same time many a family lives in a one-room hut in the forest after this fashion. By outsiders it's looked upon ay rather romantic. It isn't considered a great hardship by the settlers themgreat hardship by the settlers them-

Then we had the advantage of our Then we had the savantage of our roof, and with summer coming on we looked forward to the garden and the joy of the warm starry nights.

We had some wonderful winter pletures, too, from that same roof. It was worth going up there to see the house tops after a heavy snow storm.

If I had wanted to move I could have done only one of two things; either gone back into the suburbs or taken a more expensive flat up town. I certainly had had enough of the former

APTER XIV (Continued).

HEN we finally did finish with them they weren't good for anything but old rags, and even then Ruth used them for housework. I figured roughly the kept us well dressed on about it it cost most of our neighbors we appeared to be twice as well as any of them.

urse we had a good many things the wind which I was now even in less sympathy than before. I wouldn't have exchanged my present freedom of movement and independence of action for even the best suite in the most expensive apartment house in the city.

Not for a hundred dollars a week. Advantages? What were they?

To clothing bill din't go up much group the last year when our orstock was nearly exhausted.

Advantages? What were they?

To more expensive set of furniture and steam heat compensate me for the loss of the solid proper.

a more expensive set of furniture and steam heat compensate me for the loss of the solid comfort I found here by the side of my little iron stove? Was an electric elevator a fair swap for my roof? Were the gilt, the tinsel and the soft carpets worth the privilege I enjoyed here of dressing as I pleased, cating what I pleased, doing what I pleased? Was their apartment-house friendship, however polished, worth the simple genuine fellowship I enjoyed among my present neighbors? What could such a life offer me for my soul's or my body's good that I didn't have here?

I couldn't see how in a single respect

here? I couldn't see how in a single respect I could better my present condition except with the complete independence that might come with a fortune and a country estate.

And middle ground, assuming that I could afford it, meant nothing but the undertaking again of all the old burdens I had just shaken off.

Ruth, the boy and myself now knew genuinely more people than we had ever genuinely more people than we had over before known in our lives. And most of them were worth knowing and the oth-ers worth some endeavor to make worth

knowing.

We were all pulling together down
here—some harder than others, to
be sure, but all with a distinct
ambition that was dependent for success upon nothing but our own efforts.

I was in touch with more opportunities than I had ever dreamed existed.

ties than I had ever dreamed existed. All three of us were enjoying more advantages than we had ever dreamed would be ours. My Italian was improving from day to day.

I could handle mortar easily and naturally and point a jomt as well as my instructor. I could build a true square pier of any size from one brick to twenty. I could make a square or pigeon-hole corner or lay out a brick footing. And I was proud of my accomplishment.

But more interesting to me than anything else was the opportunity I now had as a foreman, to test the value of the knowledge of my former fellow workmen, which I had been slowly ac-

I was anxious to see if my ideas were

men how to handle a crowbar for in-stance. I had from time to time been able to direct the men with whom ! was working, as at the start I myself had been directed by Anton'. Anton' was still digging because that was all he knew.

I had learned other things. I had

learned how to handle Anton'.

I had no idea that my efforts were being watched. I don't know now how I was picked out. Except, of course, that it must have been because of the work I did.

At any rate I found myself at the head of twenty men—alf Italians, all strangers and among them three or fear just off the steamer. My first job was on a foundation for an apartment

The Friesh Ambassador and Mrs. Bryce will entertain at dinner this even-ling at the embassy.

Whitings Depart Next

Week for New York

Of course, my part in it was the very of course, my part in it was the very humble one of seeing that the men kept at work digging. The work had all been staked out and the architect's agent was there to give all incidental instructions.

He was a young graduate

He was a young graduate of a technical school and I took the opportunity this offered—for he was a good natured boy—to use what little I had learned in my night school and study his blue prints.
At odd times he explained them to
me and aside from what I learned myself from them it helped me to direct the men more intelligently.

(Continuation of This Story Will Se Found in Tomorrow's Issue of The Times.)

Old Elm Gone.

Hadley, Mass., has lost its far-famed elm, by tradition, the oldest in New England, says the Hartford Courant. It was twenty-nine feet in circumference and had single branches which shaded the ground for a distance of 200 feet. It had attained its growth at the time of the Indian massacre in Hadley, more than two centuries ago, and may have been 350 years old. Having been struck by lightning, it was dangerous to let

Daily

Should not only taste good, but should nourish the body.

Food

Some people stick to certain foods they have been accustomed to eat, but which do not give the power of mind and body to be had from some other foods.

Grape-Nuts

made from whole wheat and barley, by a food expert, is all absorbed by the system for building up a clear brain and a strong body.

Try Grape-Nuts and cream or milk regularly for the cereal part of the morning meal a few weeks, and note the improvement in mental and physical

"There's a Reason"

Postum Cereal Company, Ltd. Battle Creek, Mich.

Miss Taft Will Take Mother's Place As Hostess With President Today

MISS LOUISE FLETCHER

Younger Daughter of the Senator

From Florida and Mrs. Fletcher.

Miss Louise Fletcher, the younger

daughter of the Senator from Florida

and Mrs. Duncan U. Fletcher, is one of

the most attractive girls in Senatoria

Rose Greely, and Miss Ovenshine.

Miss Ruth Bliss last night.

morrow for the week end.

Dr. Joseph Milton Heller is attending the triennial convention of the Military Order of Foreign Wars.

Mr. and Mrs. Gould Lincoln chaper

At Theater Party.

Miss Fletcher to Pay

Third Garden Party of the Season to Be Given at White House.

Miss Helen Taft will receive with the President, taking her mother's place, at the third garden party of the season

at the White House this afternoon. A feature of the reception this afternoon will be the concert by the Danish Students' Singing Society, now en tour of the United States under the patronage of Crown Prince Christian.

This organization, which arrived in New York Tuesday, and appeared in concert last night at Carnegie Hall, is one of the oldest and most distinguished male choruses of Denmark, and has been connected with the Royal University of Copenhagen since 1849.

A number of prominent Danish composers have been associated with the society as conductors, and several of the national poets have furnished the

texts for their songs.

Dr. Viggo Christopherson is now the president of the society, as the personal representative of the crown prince, and the conductor is H. Levysohn, of the Royal Opera House of Copenhagen. The soloists are Helgo Nissen, bass barytone, and Olaf Holboll, tenor.

Miss Wise Will Go On

Summer Canada Trip. Miss Marion Wise will accompany her cousin, Mrs. Charles H. R. Johnston, to Murray Bay, Canada, for the summer. They will leave Washington early in June.

Mrs. J. H. Magruder and Miss Ma-gruder will go to Annapolis tomorrow for a fortnight.

Mrs. Irwin, wife of Commander William Manning Irwin, U. S. N., left Washington today for New York, where she will meet her sister and daughter, Mrs. McCartney and Miss Annie Irwin, on their arrival from Europe, where they have spent the winter and spring.

Dr. and Mrs. Wallace Neff and Miss Nancy Neff. who have been stopping with Mrs. William Belden Noble at her residence on N street for a fortnight, will leave Washington this evening for New York, from where they will sail tomorrow for Europe.

Colonel and Mrs. Thompson.

Entertain at Dinner. I was anxious to see if my ideas were pure theory or whether they were practical. They had proven practical at any rate in securing my own advance. This had come about through no such pull as Rafferty's.

It was the result of nothing but my intelligent and conscientious work in the ditch and among men. And this, in turn, was made possible by the application of the knowledge I picked up and used as I had the chance.

It was only because I had shown my employers that I was more valuable as a foreman than a common laborer that I—was not still digging.

I had been able to do this because, having learned from twenty different men how to handle a crowbar for in-Warck, planist.
There were about 125 guests invited

> Mrs. Nagel Entertains at Chevy Chase for Daughter.

Mrs. Nagel, wife of the Secretary of Commerce and Labor, entertained a company of young people at dinner at the Chevy Chase Club last evening, for their daughter, Miss Nagel.

Week for New York.

Dr. and Mrs. Guy Fairfax Whiting and the Misses Whiting will leave Wash- of honor at a theater party given by ington the latter part of next week for New York, where they will spend sev-

New York, where they will spend several weeks before going to Bar Harbor for the season.

Major W. J. Barden, U. S. A., and Mrs. Barden will entertain at dinner this evening at the Barracks, in compliment to Miss Dorothy Langfitt and Lieutenant Wilby, U. S. A., whose marriage takes place within a few days.

Mrs. James A. Bayard and Miss Anne Bayard will close their apartment in the Wyoming about the first of Julia.

mrs. James A. Bayard and Miss Anne Bayard will close their apartment in the Wyoming about the first of July and will go to Deer Park for a portion of

Miss Ruth Wynne, daughter of the former Consul General to London and Mrs. Robert J. Wynne, will leave Washington for New York within a few days to join a party of friends and sail on the 27th for England. She will be with her brother-in-law and sister, Lieut. Hugh Roland French, of the British army, and Mrs. French. They will spend the season in London and then go to the various resorts in France. go to the various resorts in France. Miss Wynne will be abroad six months.

Club Today.

There will be a musicale for the benefit of the Arts and Crafts School tomorrow anternoon at 4 o'clock, at the residence of Mrs. King, 1708 S street. There will be an exhibition and sale of the work of the various departments of the school from 3 to 6 o'clock, and tea will

Dr. Chatard and Wife

Mrs. E. L. Koon and Miss Koon have closed their apartment in the Highlands, and are in Atlantic City for the early part of the season.

The President was host at dinner at Brief Visit to Florida among his guests the members of the fur seal conference. At the table were: dor, Hitoshi Dauke, Tasaku Kitahara, Masanao Hanihara, the charge d'affaires of Russia, Pierre Botkine, Baron Nolde, Mr. Brajnikoff, Mr. Nabokoff, the Secretary of Commerce and Labor, the governor of Michigan, the Secretary to the President, Chandles, Anderson

Miss Locklin, of Detroit, Visiting Capital Relatives.

Miss Edna Locklin, of Detroit, Mich. northwest. After a short stay in Washington, Miss Locklin will go to Atlantic City, New York, and Buffalo, before returning to her home. luncheon today in honor of Miss Caroline Shepard, who marriage to John W. Faison, of New York, takes

place tomorrow. The guests were Miss Helen Otis, of Chicago, who is to be maid of honor; Miss Julia Bar-clay, of St. Louis: Miss Barbara Van-degrift, of Wilmington, Del.; Mrs. Le Boy Lewis, of Stratford, Conn.: Miss

at Liberty Furnace, Va., for the sum-Miss Caroline Shepard, daughter of Justice Seth Shepard, whose marriage to John W. Falson, of New York, takes

Miss Hoyle to Spend

Kan., who has been the guest of her Mrs. Wickersham has gone to Cedarhurst, L. I., to spend a week with her daughter, Mrs. Albert Akin. The at-torney General will join here there to-

mrs. Alian McLane, who has been spending a few days with Mrs. Julian James, will leave tomorrow to spend a few days with Miss Tyler before going to Bryn Mawr and New York for a visit. Mrs. McLane will open her summer place in Maine later in the season.

at Congressional

Mrs. Rockwood Hoar will preside at the tea table.

Mrs. Glelow, who is the founder of the Southern Industrial Educational Association, will address the club at 4 c/clock on "Stories of the Mountain People." Tea will be served at 5 o'clock.

Dr. and Mrs. Thomas T. Chatard will close their Washington residence early in June and go to New York, from where they will sail on the 24th for England to spend the season.

President Taft Host

the White House last night, having The President, the Secretary of State, the British ambassador, the Hon. Joseph Pope, Ernest Poland, Alfred Fraser, W. A. Found, James Macon, George Young, the Japanese ambassathe governor of Michigan, the Secre-tary to the President, Chandler Ander-son, Robert Lensing, Hugh M. Smith, Dr. B. W. Everman, Seth Low Pierre-pont, and Major Archibald W. Butt.

Mrs. D. K. Sargent, of Deep River, lows, is spending a few weeks in Wash-ington, the guest of Mrs. S. G. Butler, at her residence, 1467 Irving street. Mr. and Mrs. William R. Merriam will close their Washington residence June 0, and will go to their country home,

The Assistant Secretary of State and

Miss Anne Squire, who is now in New York, will go to Governors Island next week for a visit to Col. and Mrs. Samuel Reber, U. S. A.

Miss Hoyle, daughter of Colonel Hoyle, U. S. A., and Mrs. Hoyle, of Fort Riley, cousins, the Misses Murray, daughter of Major Gen. Arthur Murray, daughter of and Mrs. Murray, for the last few days, left Washington yesterday for West Point, N. Y., where she will spend the summer with her sister, Mrs. Herr.

Mrs. Robert N. Harper is spending a few days at her country place near Leesburg, Va.

Will Assist in Receiving

At the reception at the Congressional Club this afternoon, at which Mrs. Martha Gielow will be the guest of honor, do many things to help their mothers Mrs. Roberts, the president of the club, will be assisted in feceiving by Mrs. Henry Allen Cooper, of Wisconsin, and Mrs. Fred Dennett, of North Dakots.

Mrs. Everis Hayes, of California, and her hair and take her bath without any

be served after the program.

Tickets can be obtained at the Arts and Crafts Studio, 811 Vermont avenue, at the school, 759 Seventeenth street, and from the members of the school.

Sail for England in June.

Mrs. George S. Covington has given up her house, at 1407 R street, and has moved to 1352 Otls place northwest.

To Conference Members.

is visiting her uncle and aunt, Mr. and Mrs. W. E. Locklin, 142 Adams street

Mrs. Huntington Wilson will entertain at dinner Wednesday evening. May 24, in honer of the Mexican ambassador, Senor Don Zamacona.

Summer at West Point.



FCP. LITTLE FOLK JUST BEFORE BEDTIME

The Sandman's Stories

THE LITTLE HELPER.

little boys as well as the girls, because boys in these days often wash the dishes or scrub the floor and steps, and do many things to help their mothers



assistance from her mother. Then she

assistance from her mother. Then she would dress herself and comb her hair ready for her mother to braid.

You see, that helped her mother very much in the morning, when there are so many things to do.

Ruth went to school, of course, but on Saturdays she dusted her room and helped her mother make the beds, so that the cook could spend her time baking. baking.

But one day cook left, and the next morning Ruth's mother awoke with a

morning Ruth's mother awoke with a sick headache.

"I'll go downtown for my breakfast," said her father. "Can you manage to get yours?" he asked Ruth.

"Yes, indeed," answered Ruth. "I can make toast and boil eggs."

"Can you?" said her father; "then I think I will stay here for breakfast. I did not know my daughter was such a good housekseper."

"I cannot make coffee," said Ruth.

"I think I can make that," her father said: "anyway. I will try."

"I think I can make that," her lather said; "anyway, I will trv."
Ruth prepared the oranges just as she had seen cook, then she toasted the thin slices of bread and buttered them. These she put in a covered dish and placed on the shelf of the stove to keep warm. The egg cups she put in hot water, and when she had boiled the eggs just three minutes, she carefully opened them into the hot cups, which

THE LITTLE HELPER.

UTH was a little girl only eight years old, but she was a great help to her mother.

I am telling this story to the boys as well as the girls, because in these days often wash the es or scrub the floor and steps, and many things to help their mothers Saturdays.

It is mother kept one maid, but the se was large, and her mother had a tideal to do.

The morning Ruth would bob up hair and take her bath without any ha

wish all mothers had such a good little girl."
Ruth feit very pleased as she walked along to school that morning. Her face looked sunny and happy.
"I am glad I can help mother," she said, "for I guess I was a great deal of trouble to her when I was a baby."
Of course, all the boys and girls mey not have an opportunity to do just what Ruth did, but there are many other ways to help mother, especially on Saturdays. If you take the baby out for a little while that helps, and if you dust a room that helps, too. Then every day when you come in from school if you



put your hat and coat in the proper place, that saves mother many steps, and your muddy boots well wiped on the hall mat will save her work as well. Your books and toys put in the cor-ner where they belong after you have inished with them saves mother much

I hope the story of Ruth will make some little boy or girl more thoughtful of mother and that you will try to help her with the many things she has to do. Tomorrow's story: "Mister Fox

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